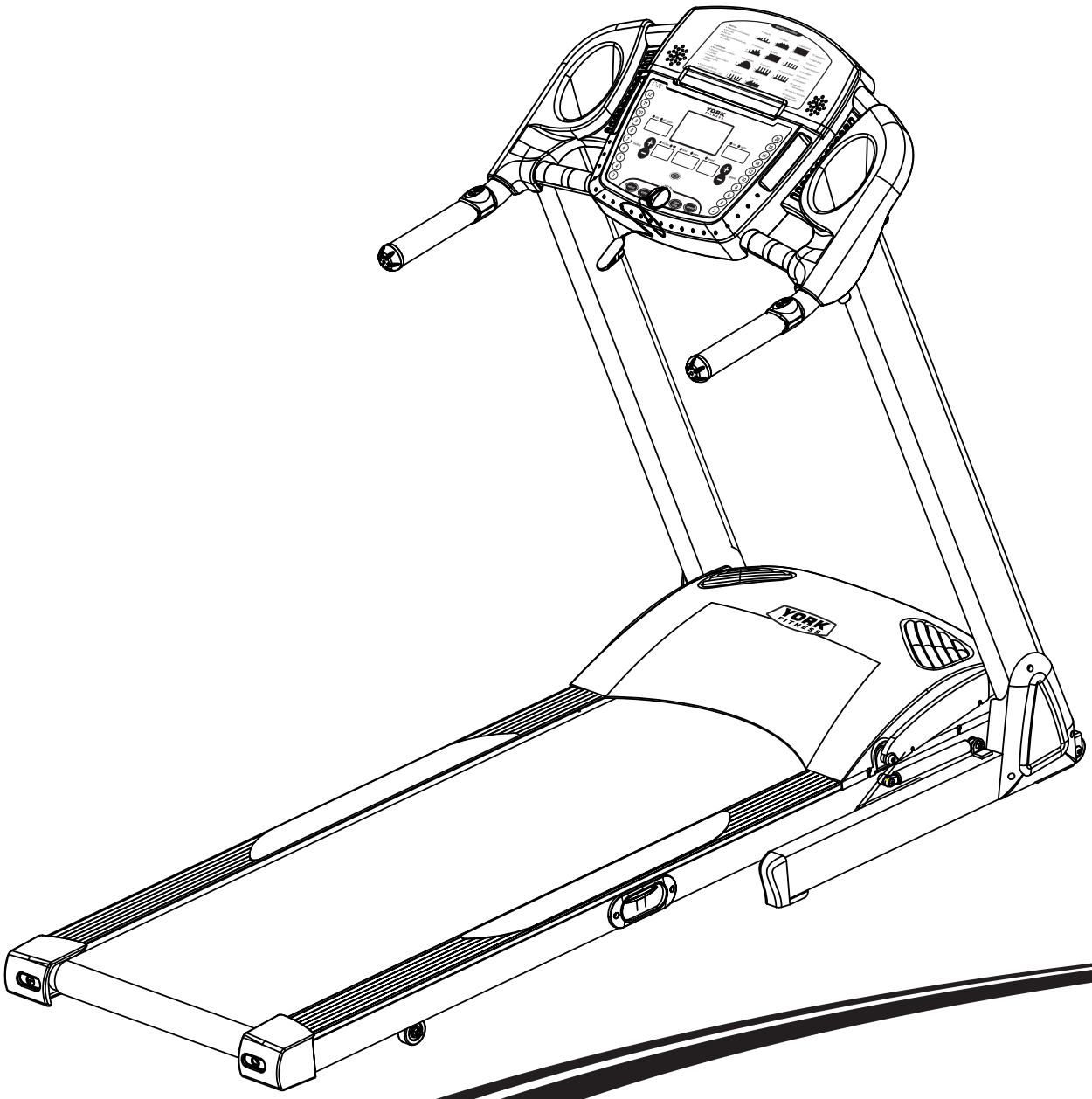
YORK FITNESS



diamond **t**302

owner's manual

yorkfitness.com

29/05/2007 - version III

YORK FITNESS

Congratulations on purchasing a treadmill from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new treadmill. For more information visit www.yorkfitness.com

YORK FITNESS

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safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- This product is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.
- In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable pull out the safety key, the treadmill will begin to decelarate until it stops.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes.
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight for this treadmill is 150kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This treadmill meets the requirements of the EU's EMC and Low Voltage directives and ISO 20957 parts 1 and 6. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

! It is important that you keep these instructions for future reference.

Care & Maintenance

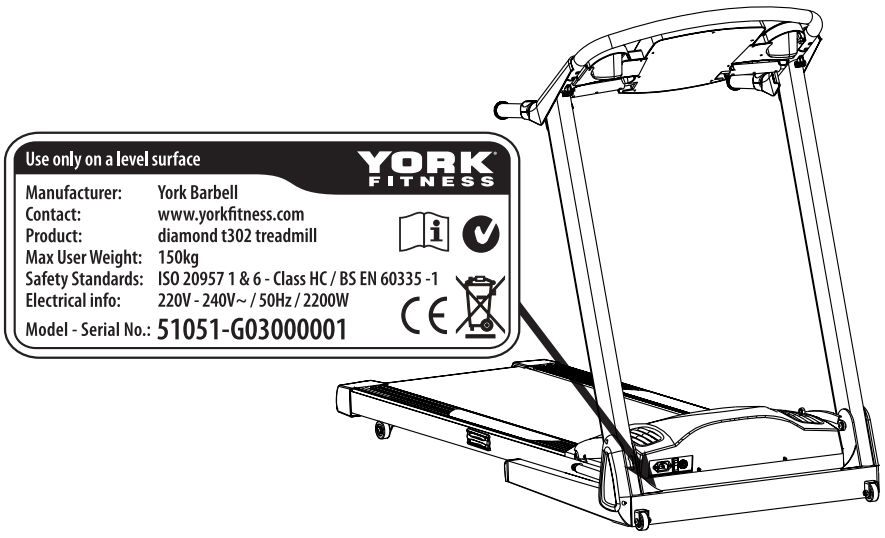
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. Serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue / defect


Use only on a level surface
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: diamond t302 treadmill
Max User Weight: 150kg
Safety Standards: ISO 20957 1 & 6 - Class HC / BS EN 60335 -1
Electrical info: 220V - 240V~ / 50Hz / 2200W
Model - Serial No.: 51051-G03000001

Your serial No. is:

Contact Us

ENGLAND
York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB
Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

AUSTRALIA
Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia
Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

OTHER LOCATIONS
Please see website - www.yorkfitness.com

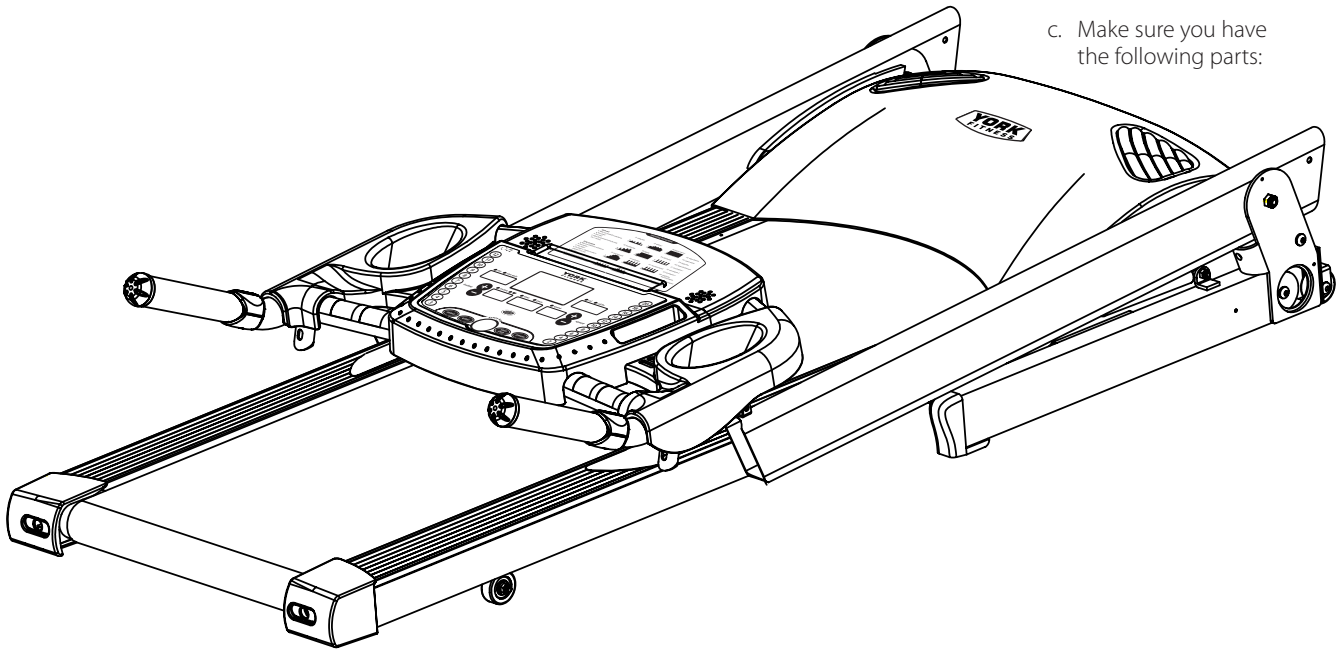
1. Before you start

1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
4. **Unpack the carton**

a. Remove all the parts and packaging from above the treadmill and lay them out on the floor

b. Flatten the sides of the carton and remove the rest of the packaging from around the treadmill

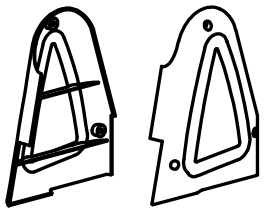
c. Make sure you have the following parts:



Plastic Covers

Left front support cover x 1

Part No. B42



Right front support cover x 1

Part No. B43

Safety Key x 1

Part No. B01

Speaker wire x 1

Part No. B08

Fixings

Part No. C04 flat washer x 2

Part No. C07 20mm hex head bolt x 6

Part No. C08 curved washer x 4

Part No. C21 6mm screw x 6

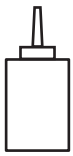
Tools and Consumables

Part No. D01 Allen key (30mm x 70mm)

Part No. D02 Allen key (75mm x 75mm)

Part No. D03 screw driver / spanner

Lubrication oil



This treadmill takes up a floor space of 192cm x 87cm and weighs 103kg

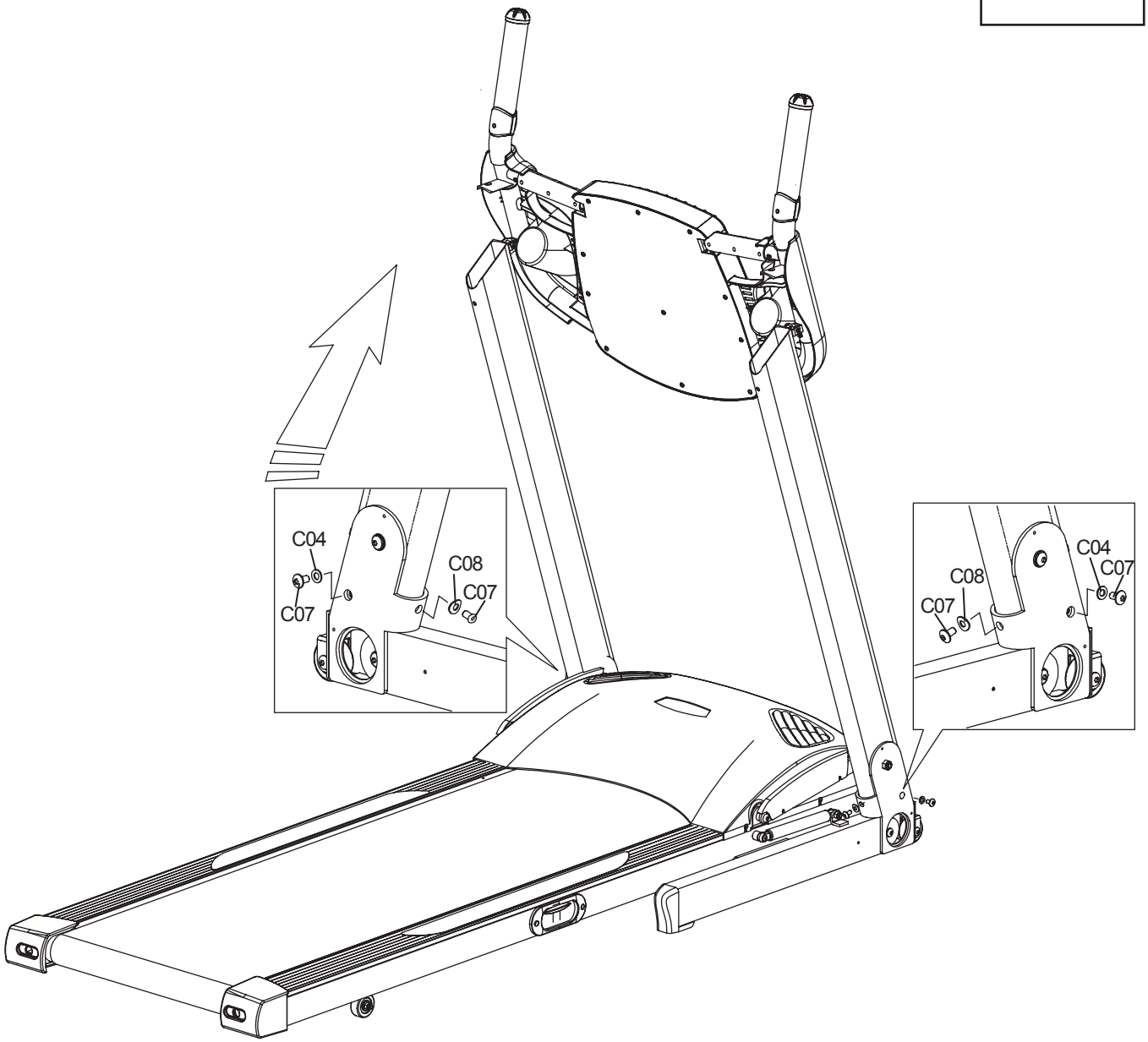
If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

2. Fix the uprights in place

1. Lift the uprights
2. Attach at the base using 4 x bolts (C07), 2 x washers (C04) and 2 x washers (C08) – use the allen key to tighten them well

FIXINGS:

Part No. C07	x 4
Part No. C04	x 2
Part No. C08	x 2



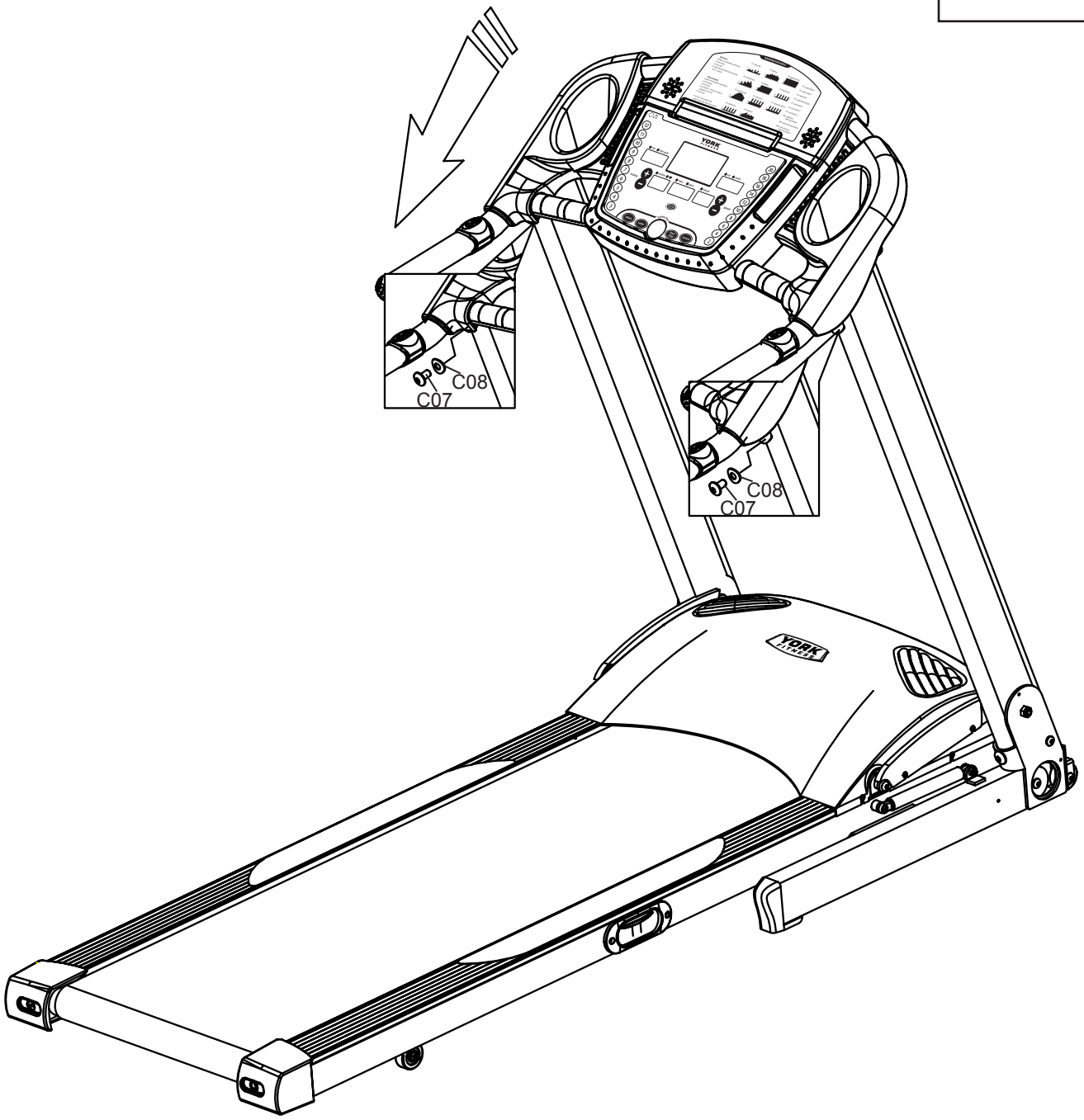
3. Fix the computer in place

1. Rotate the computer until it's in the position shown.
2. Attach to the top of the uprights using 2 x bolts (C07) and 2 x washers (C08) - use the allen key to tighten them well.

FIXINGS:

Part No. C07 x 2

Part No. C08 x 2

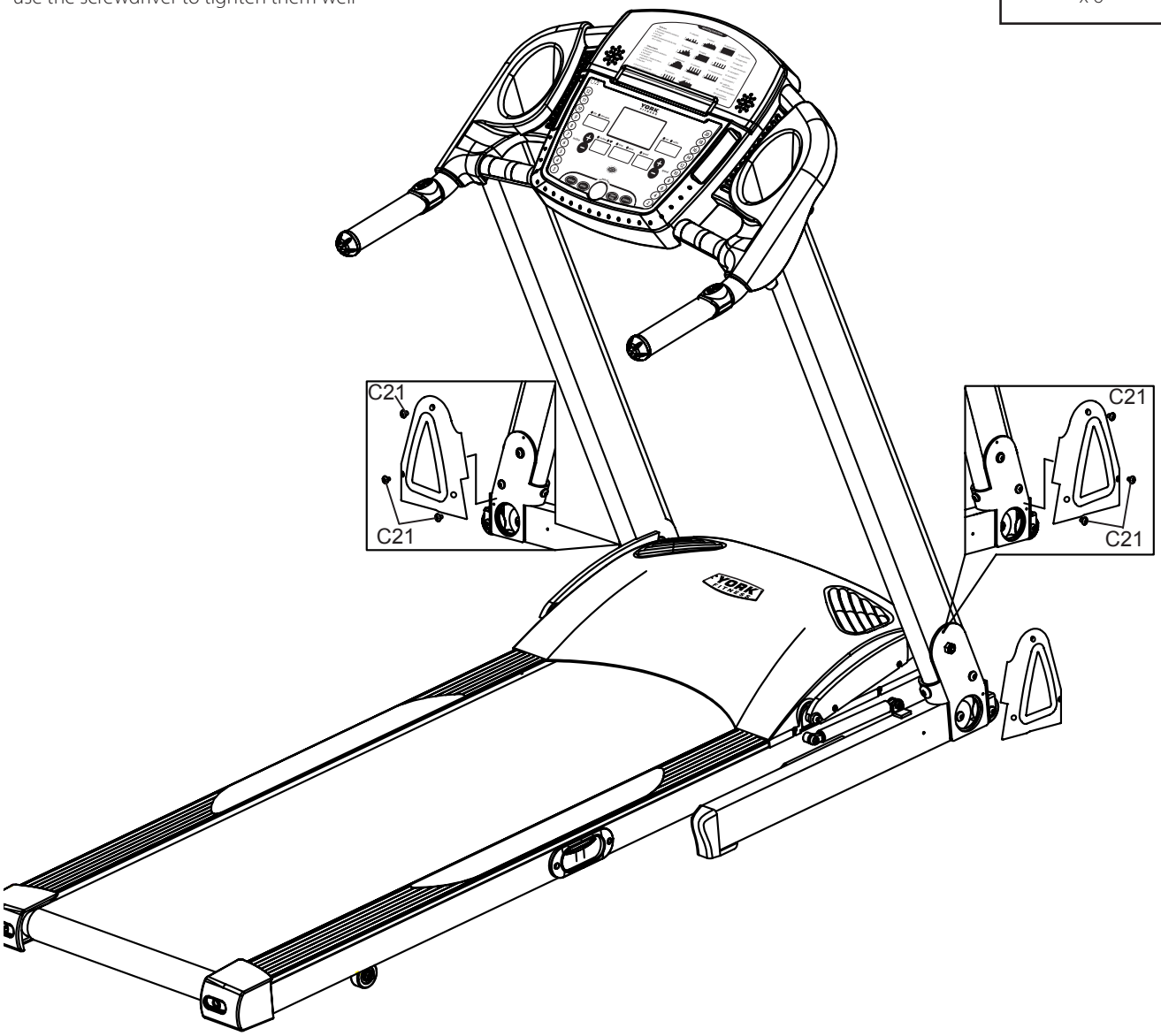


4. Attach plastic covers

FIXINGS:

Part No. C21 x 6

1. Using 6 x screws (C21) attach the plastic cover to the base of the uprights - use the screwdriver to tighten them well



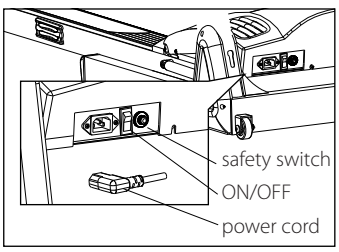
Final Checks

Your treadmill is now assembled. Please make the following final checks before you power up for the first time.

- Make sure all screws/bolts are tightened
- Make sure the treadmill is on a flat, level surface

Power Up

1. Plug one end of power cable into the treadmill as shown
2. Plug the other end into a suitable AC outlet (220-240 volt, 50Hz)
3. Switch the treadmill on using the on/off switch
4. Attach the safety key to the console



NOTE: Before you run on the treadmill for the first time, use the Quick Start instructions on page 10 and allow the treadmill to run independently for 10 minutes. Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see page 14 for more details.

Quick Start

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Press the 'power' button
3. Use the '+/-' buttons to input your weight (in kg)
4. Press the 'start / stop' button
5. The treadmill mat will slowly begin to move (0.8km/h)
6. Use the + / - buttons to change the speed and incline

NOTE: entering your weight allows a more accurate 'calories burned' figure to be displayed when you workout

NOTE ABOUT THE SAFETY KEY: The treadmill will only operate when the safety key is in position – if the safety key is removed while the treadmill is in operation it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use you should remove the safety key and store it somewhere safe, out of the reach of children.

Console Display and Feedback

Profile Window

In manual mode a 400m running track is displayed. In program mode the program profile is displayed

Dst / Elev Gain

Distance travelled this session; default counts up from zero, but counts down if a target has been set. Switches to show EG (Elevation Gain – metres climbed) only when the 'select' button is pressed

Cal / Cal Hr

Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set. Switches to show Cal /Hr (estimated calories burned per hour) only when the 'select' button is pressed

♥ Incline

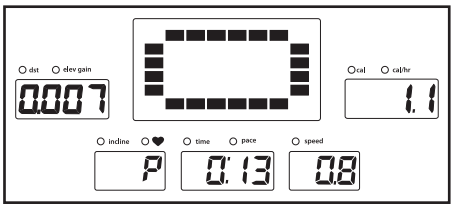
Default display is current heart rate in beats per minute (bpm). Switches to show current incline % only when the setting is changed or when the 'select' button is pressed

Time / Pace

Time exercised this session; default counts up from zero, but counts down if a target has been set. Switches to show pace (minutes per mile) only when the 'select' button is pressed

Speed

Current speed the treadmill is providing, in km/h.



Button Functions

	Pre – workout	During workout
power	turns the treadmill on	
enter	confirms program settings	
select	enter the program selection mode	switches between feedback modes
start stop	activates the running mat and starts the workout	stops the running mat and pauses your workout restarts the workout after a pause
+ / − speed	scroll through available programs	increase or decrease the speed, press and hold for rapid speed change
incline + / −	scroll through available programs	increase or decrease the incline, press and hold for rapid incline change
1 2 4 6 8 10 12 14 16 18		immediately takes you to the corresponding speed
12 11 10 9 8 7 6 5 4 3		immediately takes you to the corresponding incline

NOTE: if the workout is paused for more than 5 minutes the treadmill will automatically shut off and the workout will have to be re-started.

Using Workout Programs

Manual Program

To use the treadmill in the manual mode (user controls the speed and incline settings throughout the workout) please see the Quick Start instructions on page 10.

Pre-set Programs

This treadmill comes with 11 pre-set programs:

- P1 to P4, P7, P10 and P11 are incline programs – meaning the incline will adjust automatically throughout the workout and the user is free to adjust the speed.
- P5, P6, P8 and P9 are speed programs – meaning the speed will adjust automatically throughout the workout and the user is free to adjust the incline.

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Press the 'power' button
3. Use the '+/-' buttons to input your weight (in kg)
4. Press 'select' to enter the program selection mode
5. Use the '+/-' buttons to choose your program (P1 to P11)
6. Press 'start' to begin your workout

NOTE: the pre-set programs have ten, one minute segments. The pre-set speed or elevation changes every minute. The program repeats the 10 minute segments until the user presses the 'stop' button

NOTE: you can change the speed or incline at any point during the workout, but once the program moves onto the next segment it will revert to the pre-set speed or incline of the program.

Target Programs

This treadmill features 4 target programs:

- Target distance (P12)
- Target calories (P13)
- Target time (P14)
- Target elevation gain (P15)

Throughout these programs the user is free to adjust the speed and incline.
When the target is reached the treadmill will end the workout by coming to a stop.

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Press the 'power' button
3. Use the '+/-' buttons to input your weight (in kg)
4. Press 'select' to enter the program selection mode
5. Use the '+/-' buttons to choose your program (P12 to P15)
6. Press 'enter' to confirm your selection
7. Use the '+/-' buttons to set your target
8. Press 'start' to begin your workout

User Created Programs

This setting allows the user to create and store 3 personal workout programs, which appear as U1, U2 and U3. The first time you choose program U1, U2 or U3 from the program selection screen you must create and store your workout routine, but from then on you can go straight to using the program:

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position
2. Press the 'power' button
3. Use the '+/-' buttons to input your weight (in kg)
4. Press 'select' to enter the program selection mode
5. Use the '+/-' buttons to choose your program (U1, U2 or U3)
6. Press 'enter' to confirm your selection
7. Use the '+/-' buttons, or the 'direct speed and incline' buttons to choose your speed and incline setting for the first segment
8. Press 'enter' to confirm
9. Repeat steps 7 and 8 until all 10 segments have been set
10. Press 'start' to begin your workout

NOTE: If a speed or incline value is changed while using program U1, U2 or U3, this new value will be stored (the value displayed at the end of each segment is the one that is stored)

! Do not use the HRC program if your heart rate is not registering properly on the display

Heart Rate Controlled Programs

This treadmill features 3 Heart Rate Controlled (HRC) workout program.

- HRC 1 is targeted at weight loss and is pre-set to operate at 65% of your maximum heart rate.
- HRC 2 is targeted at aerobic conditioning and is pre-set to operate at 80% of your maximum heart rate.
- HRC 3 is targeted at fat burn and is pre-set to operate at intervals of 60% and 75% of your maximum.

1. Make sure the treadmill is plugged in, switch on, and the safety key is in position
2. Press the 'power' button
3. Use the '+/-' buttons to input your weight (in kg)
4. Press 'select' to enter the program selection mode
5. Use the '+/-' buttons to choose the HRC1, HRC 2 or HRC 3)
6. Press 'enter' to confirm your selection
7. Use the '+/-' buttons to input your age
8. Press 'enter' to confirm
9. The screen will display the pre-set value that is 65% of your maximum heart rate. If you are happy with this move to step 10, otherwise use the '+/-' buttons to change the target heart rate
10. Press 'start' to begin your workout

How the HRC program works

The program works by automatically adjusting the incline to keep you working out at your target heart rate. To do this the treadmill will need your pulse reading throughout the exercise (we recommend you use a chest strap for this).

- If your heart rate is too high the incline is decreased, at a rate of 1% every 30 seconds
- If your heart rate is too low the incline is increased, at a rate of 1% every 30 seconds
- The user is free to change to speed settings at any point during the workout

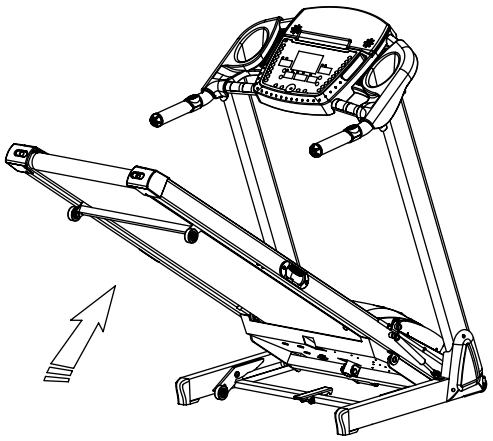
NOTE: The HRC program has a 3 ½ minute warm-up phase. During this time the treadmill won't automatically adjust the incline. For more information about heart rate training and monitoring please see the 'exercising with your treadmill' and 'treadmill features explained' sections

treadmill features explained

Easi-lift Fold-up

To make storage simple, quick and easy this treadmill features a hydraulic folding system. Simply lift the running deck to fold. Make sure you hear the sound of the deck locking into position – this ensures the deck is locked in place and will not fall back down.

Make sure the treadmill incline is at the lowest position before attempting to fold. If the incline is not in the lowest position folding will damage the mechanism

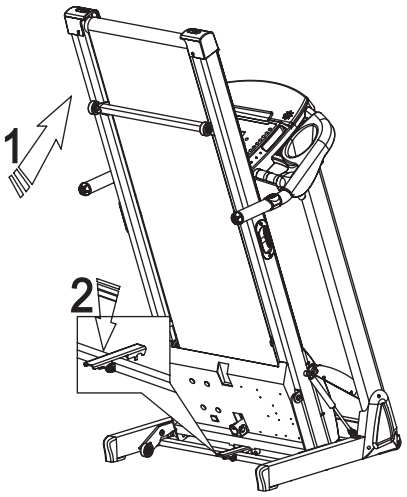


Soft Drop Fold Down

An additional feature that allows the deck to gently lower itself to the floor;

1. Push the deck up and forward
2. Push the locking lever down with your foot
3. Allow the deck to gently lower itself

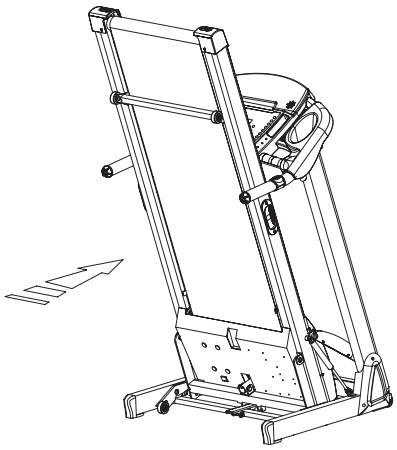
make sure there is nothing obstructing the deck as it lowers



Moving the Treadmill

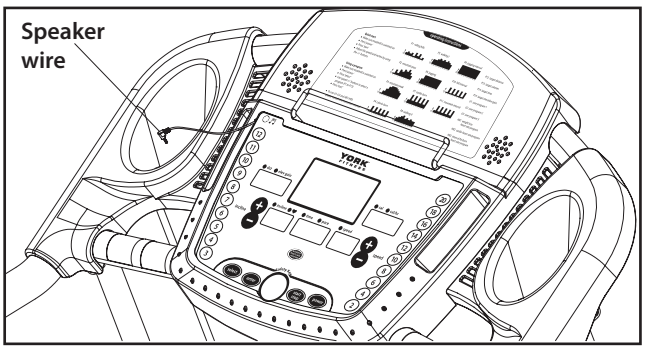
This treadmill features 4 non marking wheels to help manoeuvrability. Fold the deck up as explained above and use the handlebars to push the treadmill to the desired location.

Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill



Using the MP3 Player Input

The treadmill comes supplied with a cable that allows you to connect your MP3 player. Simply connect one end into the treadmill and the other end into the headphone socket of your MP3 player. The sound will come from the speakers built into the treadmill. You will need to adjust the volume using your MP3 player.



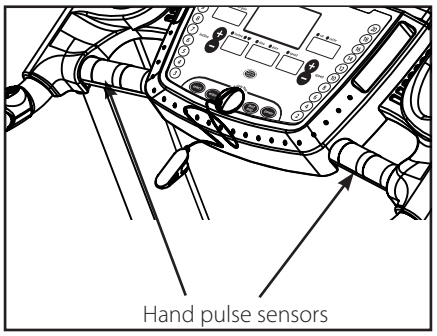
Monitoring your heart rate

This treadmill has 2 ways of monitoring pulse rates:

Hand Pulse Sensors

This treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation



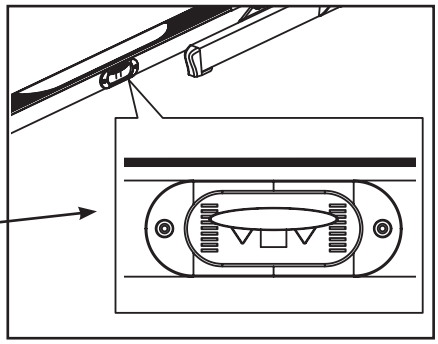
Wireless heart rate receiver

This treadmill features a built in receiver meaning it will pick up the signal from a chest strap. A chest strap will give a heart rate reading to ECG accuracy. We recommend a chest strap is worn when using HRC programs. To purchase one, please see the 'Contact Us' section at the start of this manual or visit www.yorkfitness.com

Cushioned Running Deck

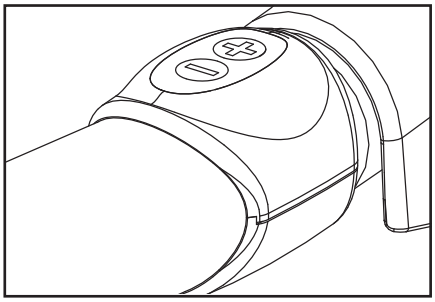
This treadmill features a cushioned running deck. The cushioning is provided by elastomer blocks placed between the deck and the metal frame. They help reduce impact on the joints by up to 300% over road running.

The indicators on the side of the deck actually allow you to see the cushioning in action - the red bars will move up and down during use, reflecting the amount of cushioning being offered.



Handlebar Controls

This treadmill features handlebar controls that enable you to change the speed and incline settings. They work just the same as the '+/-' buttons on the main console and are provided for extra convenience.



Storage

Keep the treadmill in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use.

Cleaning

Use a warm, damp cloth to wipe the treadmill surfaces. Mild detergent may be used if necessary.

Do not clean between the mat and the running board, silicone lubricant is placed here to keep the mat running smoothly.

Lubrication

Keeping the deck lubricated is the most important activity you can carry out to prolong the life of your treadmill.

An insufficiently lubricated deck will cause the belt, running deck and motor to wear our much quicker. How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months
- Medium use (3 to 5 hours a week) - every 4 months
- Heavy use (more than 5 hours a week) - every 2 months

You can check for proper lubrication levels at any time by doing the following:

1. disconnect the treadmill from the power supply
2. fold up the running deck, so the treadmill is in the storage position
3. put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can:

- if your hand gets a light coating of lubricant then no further lubrication is required
- if the surface feels dry and your hand feels clean, then apply more lubricant

If in doubt apply a little lubricant

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the lenth of the running deck (underneath the mat). It's important to try and get the lubricant as close to centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com

Adjusting running mat tension

Check lubrication before adjusting the mat as symptoms can be similar

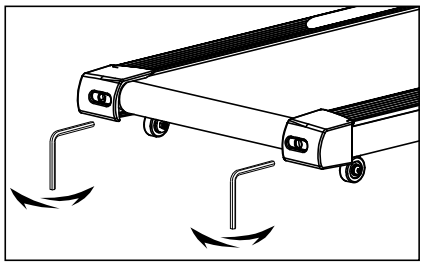
The tension of the mat has been pre-set at the factory; however, with use the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. To tighten the mat:

1. Set the treadmill to run at 3 km/h
2. Locate the adjustment screws at the end of the treadmill (there's one on each side - see diagram below)
3. Using the allen key provided, adjust both screws by ½ turn clockwise
4. Re-test the mat tension. If the mat still slips, repeat step 3

TIP: when correctly tensioned you should be able to lift the edge of the mat about 5 – 7cm – please only check this when the power is turned off.

If the mat is too tight, turn the screws anticlockwise

Do not over tighten the mat – only turn the screws ½ turn before re-checking the mat



Adjusting running mat alignment

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg, more weight on one foot), or if it placed on an uneven surface – so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck. To re-align:

1. Set the treadmill to run at 3 km/h
2. Locate the adjustment screws at the end of the treadmill (there's one on each side - see diagram above)
3. If your mat moves to the right, using the allen key provided adjust the right screw by ½ turn clockwise (if it tracks to the left, perform the same operation on the left screw)
4. Let the treadmill run for a minute to see if it re-aligns to the centre. If more adjustment is needed repeat step 3

Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting your workout

Begin each workout with a Warm Up session – a few minutes of stretching to help prevent strains, pulls and cramps

- Get onto the treadmill, using the handrails for support, and place your feet on the side rails (either side of the running mat)
- Activate the treadmill (using the details found in the Operation Instructions)
- The treadmill will always start at the lowest speed, step onto the mat and walk at the same speed
- Continue the rest of your workout

Finishing your workout

- turn the treadmill to the lowest speed and incline settings
- Using the handrails for support place your feet on the side rails (either side of the running mat)
- Stop the treadmill
- Turn the treadmill off at the main power switch and remove the plug from the electrical outlet
- Remove the safety key
- If necessary, wipe the treadmill down with a damp cloth

End each workout with a Warm Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct running form

- Run in the centre of the running mat
- Kkeep your head erect and look straight ahead
- Shoulders should be square and level, don't round your shoulders or swing them forwards or backwards
- Keep your torso erect with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury
- Feet should be pointed straight ahead and land directly under the hips

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

220 – 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

troubleshooting

If you have a problem with your treadmill, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

The table below details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local York distributor for advice.

Problem	Cause	Correction
Treadmill will not start	1. Not plugged in. 2. Safety key not on correctly. 3. Treadmill circuit breaker. 4. Switched off. 5. Loose connection.	1. Plug into suitable outlet. 2. Insert safety key. 3. Reset circuit breaker. 4. Turn the switch on. 5. Un-plug and re-plug electrical cord.
Running mat slipping	1. Running mat loose. 2. Deck needs lubrication.	1. Tighten running mat. 2. Lubricate mat and deck.
Treadmill noisy	1. Loose hardware. 2. Motor straining. 3. Clicking sound - roller knocking.	1. Tighten all visible screws, nut, and bolts. 2. Check mat tension - 3 finger test. 3. Adjust rear rollers - check the tension.
Inaccurate pulse rate	1. To much hand movement. 2. Palms too wet. 3. Gripping hand grips too tight. 4. Wearing rings.	1. Stand on side rails to get accurate pulse reading. 2. Dry palms. 3. Grip using moderate pressure. 4. Remove all rings.

Malfunctions and Errors

The console will display information regarding operational faults with the treadmill. If your treadmill behaves in an unusual way and seems to have developed a fault, turn it off at the electrical outlet and then back on again. This should clear the treadmill of incidental errors and prepare it for normal operation. If there is still a problem call your local York distributor for advice. Please find below some specific error messages you may see on the display:

- ERR1 - means there is a problem with the speed function

In the event of an electrical failure the treadmill will automatically shut off. To restart the treadmill:

1. Unplug the power cable from the treadmill
2. Push in the safety switch
3. Re-plug the power cable into the treadmill

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 10 year treadmill motor
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

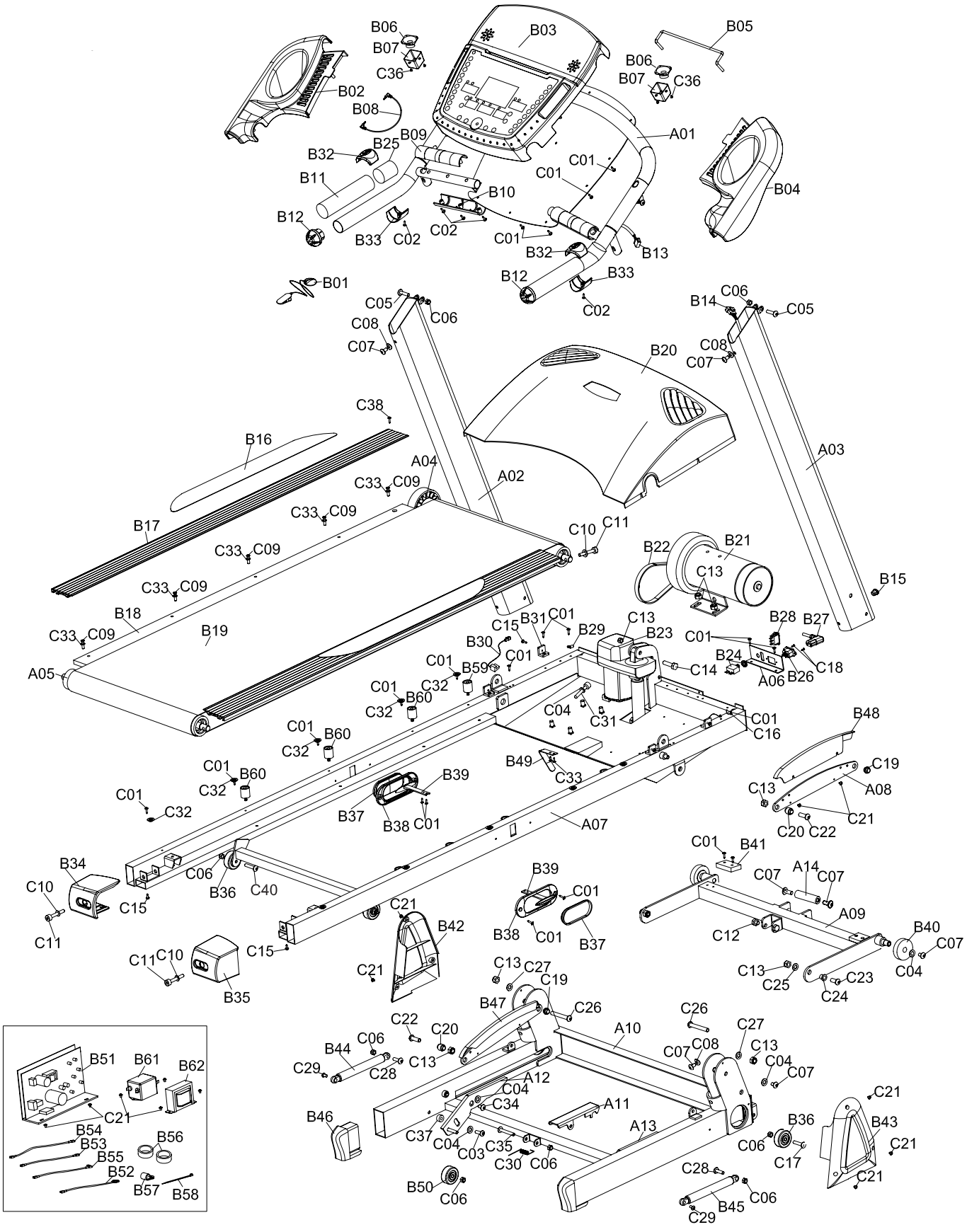
To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

exploded diagram



Ref.	Qty	Part no.	Part Description
A01	1	YKA00095g9	Console Support & Handlebar (T)
A02	1	YKA00096g9	Left Upright (40 x 118 Oval x L1160mm) (T)
A03	1	YKA00097g9	Right Upright (40 x 118 Oval x L1160mm) (T)
A04	1	YKF50077z1	Front Running Belt Roller/Pulley wheel (OD60 x 577mm)
A05	1	YKF50078z1	Rear Running belt Roller (OD60 x 530mm)
A06	1	YKP00156g9	Power Switch Mount Bracket
A07	1	YKA00098g9	Main Frame (680 x 1785mm) (T)
A08	2	YKP00157g9	Arc Bracket
A09	1	YKA00099g9	Incline Frame (T)
A10	1	YKA00100g9	Base Frame (T)
A11	1	YKP00158g9	Folding Retaining/Release Latch
A12	1	YKA00093g9	Left Wheel Mount Bracket
A13	1	YKA00094g9	Right Wheel Mount Bracket
A14	1	YKP00159n1	Folding Retaianing Tube (ID3/4" x 78mm x T2mm)
B01	1	YKF50059	Safety Key (Ø35.5mm)
B02	1	YKF20181s5	Corner Console - Left
B03	1	YKF60096g4	Computer/Console (Center) T302
B04	1	YKF20182s5	Corner Console - Right
B05	1	YKP00160n1	Book Rack
B06	2	YKF60073	Speaker (53 x 53 x T35.5mm)
B07	2	YKF20134g12	Speaker Box (56.8 x 56.8 x T42mm)
B08	1	YKF60057b1	Audio Wire (250mm)
B09	2	YKF50039g4	Hand Pulse Sensor - Top Assembly (164.4mm)
B10	2	YKF20138g4	Hand Pulse Sensor - Bottom (164.4mm)
B11	2	YKF30017g7	Foam Handgrip (Ø36 x 165 x T3mm)
B12	2	YKF20160g4	Detailed Round Domed Internal End Cap (OD48 x ID28 x 52mm)
B13	1	YKF60076b1	Upper Wire (720mm)
B14	1	YKF60077b1	Lower Wire (2000mm)
B15	1	YKF20133b3	Plastic Grommit (6N-4BK)
B16	2	YKF30020g7	Non-Slip Rubber Pad (600 x 75mm)
B17	2	YKF20161g2	Foot Rail (1330mm)
B18	1	YKF50069b1	Running Deck (1300 x 610 x T18mm)
B19	1	YKF40056g7	Running Belt (510 x 2990 x T3.3mm)
B20	1	YKF20162g4	Top Motor Cover
B21	1	YKF60095	Drive Motor (2.5hp x 4000rpm)
B22	1	YKF40047	Pulley Belt (190J-9)
B23	1	YKF60079	Incline Motor (220V)
B24	1	YKF60083	Circuit Breaker Module (10A)
B25	2	YKF30018g7	Foam Grip (Ø36 x 70 x T3mm)
B26	1	YKF60059b3	Power (Kettle) Socket (15A x 250V)
B27	1	YKF60060b1	Power Cable (90° 3pin UK [L2000mm])
		YKF60061b1	Power Cable (90° 3pin AUST. / N.Z. [L2000mm])
		YKF60062b1	Power Cable (90° 2pin EU [L2000mm])
B28	1	YKF60063	On/Off Switch (RL1-6II/N-B-9-RE/BK-P3)
B29	2	YKF20112w2	Sensor Mount (3mm)
B30	1	YKF60084b1	Speed Sensor (1000mm 2pin)
B31	4	YKF20113b3	Motor Cover Mount Bracket (24 x 24mm)
B32	2	YKF20109g4	Handlebar Mounted Control Cover - Top
B33	2	YKF20110g4	Handlebar Mounted Control Cover - Bottom
B34	1	YKF20142g4	Rear Left Endcap (T)
B35	1	YKF20143g4	Rear Right Endcap (T)
B36	4	YKF20118b3	Transport Wheel (Ø50mm)
B37	2	YKF20163	Shock Guage Clear Cover
B38	2	YKF20164g4	Shock Guage
B39	2	YKF20165r1	Shock Guage Indicator
B40	2	YKF20145b3	Transport Wheel (Ø60mm)
B41	2	YKF20179b3	Rubber Stopper (45 x 36 x T10mm)
B42	1	YKF20147g4	Base Corner Cover - Left
B43	1	YKF20148g4	Base Corner Cover - Right
B44	1	YKF50070	Gas Strut Folding (T) - Left (330mm x 65KG)
B45	1	YKF50071	Gas Strut Folding (T) - Right (330mm x 65KG)

Ref.	Qty	Part no.	Part Description
B46	2	YKF20149g4	Rectangle Shaped Internal/External End Cap (75 x 40mm)
B47	1	YKF20150g4	Side Cover - Left
B48	1	YKF20151g4	Side Cover - Right
B49	2	YKP00155z1	Belt Guide (20 x 58 x 57 x T1.5mm)
B50	2	YKF20118b3	Transport Wheel (Ø50mm)
B51	1	YKF60097	Conroller PCB (DCMD6594-22)
B52	1	YKF60072	Connecting Wire (120mm) male - loop
B53	3	YKF60069b1	Connecting Wire (120mm) male - male
B54	2	YKF60080b1	Connecting Wire (180mm) male - male
B55	1	YKF60070b1	Connecting Wire (120mm) male - female
B56	2	YKF60068	Ferite Core (OD34.6 x ID20.8 x 12.7mm)
B57	2	YKF20128w2	Sensor Mount (UC-9/16)
B58	3	YKF20129w2	Cable Tie (2.5 x 100mm)
B59	2	YKF20152b3	Rubber Deck Mount (M6 x OD20 x T25mm)
B60	6	YKF20153b3	Rubber Deck Mount (M6 x OD22 x T25mm)
B61	1	YKF60071	Choke / Transformer (120V/60HZ 0.9VDC 30MH)
B62	1	YKF60074	Filter (8A)
C01	55	YKF10142n1	Round Philips Head Self Tapping Screw (4 x 12mm)
C02	8	YKF10136n1	Round Philips Head Self Tapping Screw (3 x 20mm)
C03	2	YKF10168n1	Round Allen Head Bolt (M8 x 25mm [6mm Allen])
C04	9	YKF10158n1	Flat Washer (ID8 x OD18 x T1.5mm)
C05	2	YKF10140n1	Round Allen Head Bolt (M8 x 35mm [6mm Allen])
C06	11	YKF10141n1	Nyloc Nut (M8)
C07	10	YKF10139n1	Round Allen Head Bolt (M8 x 20mm [6mm Allen])
C08	4	YKF10138n1	Curved Washer (ID10 x OD25 x T1.8mm)
C09	10	YKF10169n1	Countersunk Philips Head Machine Screw (M6 x 25mm)
C10	3	YKF10151n1	Flat Washer (ID8 x OD16 x T1.5mm)
C11	3	YKF10150n1	Cap Allen Head Bolt (M8 x 55mm [6mm Allen])
C12	2	YKF10155n1	Hex Head Bolt (M10 x 12mm)
C13	11	YKF10147n1	Nyloc Nut (M10)
C14	1	YKF10148n1	Hex Head Bolt (M10 x 40mm)
C15	8	YKF10149n1	Round Philips Head Self Tapping Screw (4 x 12mm)
C16	3	YKF10143n1	Star Washer (ID-4mm)
C17	2	YKF10166n1	Round Allen Head Bolt (M8 x 40mm [6mm Allen])
C18	2	YKF10170n1	Countersunk Philips Head Self Drilling Screw (3 x 10mm)
C19	2	YKF10153n1	Bush (OD18mm x ID10.2mm x T12.5mm)
C20	2	YKF10172n1	Bush (OD18mm x ID10.2mm x T21.5mm)
C21	20	YKF10164n1	Round Philips Head Self Tapping Screw (4 x 6mm)
C22	2	YKF10173n1	Round Allen Head Bolt (M10 x 32mm [6mm Allen])
C23	2	YKF10174n1	Round Allen Head Bolt (M10 x 25mm [6mm Allen])
C24	2	YKF10171n1	Bush (OD18mm x ID10.2mm x T13.3mm)
C25	2	YKF10154n1	Flat Washer (ID10 x OD20 x T2mm)
C26	2	YKF10175n1	Round Allen Head Bolt (M10 x 70mm [6mm Allen])
C27	2	YKF10176n1	Star Washer (ID-10mm)
C28	2	YKF10423n1	Round Allen Head Bolt (M8x 26mm [6mm Allen])
C29	2	YKF10178n1	Round Philips Head Machine Screw (M6 x 12mm)
C30	1	YKF10179n1	Spring (14 x 30 x 2mm)
C31	1	YKF10180n1	Hex Head Bolt (M8 x 50mm)
C32	10	YKF20157b3	Plastic Spacer (4.5xT5)
C33	4	YKF10135n1	Round Philips Head Self Tapping Screw (4 x 16mm)
C34	2	YKF10182n1	Round Allen Head Bolt (M8 x 15mm [6mm Allen])
C35	1	YKF10167n1	Round Allen Head Bolt (M8 x 55mm [6mm Allen])
C36	16	YKF10137n1	Round Philips Head Self Tapping Screw (3 x 8mm)
C37	2	YKF20166b3	Plastic Bush
C38	2	YKF10165n1	Round Philips Head Machine Screw (M4 x 20mm)
C39	10	YKF20136b3	Plastic Washer (ID6 x OD9.3 x T1.8mm)
C40	2	YKF10424n1	Round Allen Head Bolt (M8x 37mm [6mm Allen])
		TOOLS	
D01	1	YKF70004	6mm Allen Key (30 x 70mm)
D02	1	YKF70005	6mm Allen Key (75 x 75mm)
D03	1	YKF70006	Screwdriver/Spanner (13 & 17mm)